

BISCUIT RECIPES



PUMPKIN BLUEBERRY GRAIN FREE

- 1/2 c pumpkin
- 1 T chia soaked in 2T water
- 1.5 c almond flour
- 1/4 c frozen wild blueberries

DIRECTIONS

Mix wet ingredients, stir in flour as needed, mix by hand until it starts to gather, roll in berries and form into ball, then pull off equal size balls of dough and press.

Bake at 350° 30-40 min or until crisp and dry.

BUCKWHEAT SUNFLOWER

- 1/2 cup apple sauce
- 1 T chia soaked in 2T water
- 1/4 c buckwheat flour
- 3/4 c rice flour
- 1/4 c sunflower seeds.

Mix wet ingredients, stir in flour as needed, mix by hand until it starts to gather.

Roll in seeds, form into a ball, then pull off equal size balls of dough and press.

Bake at 350° 30-40 min or until crisp and dry.

